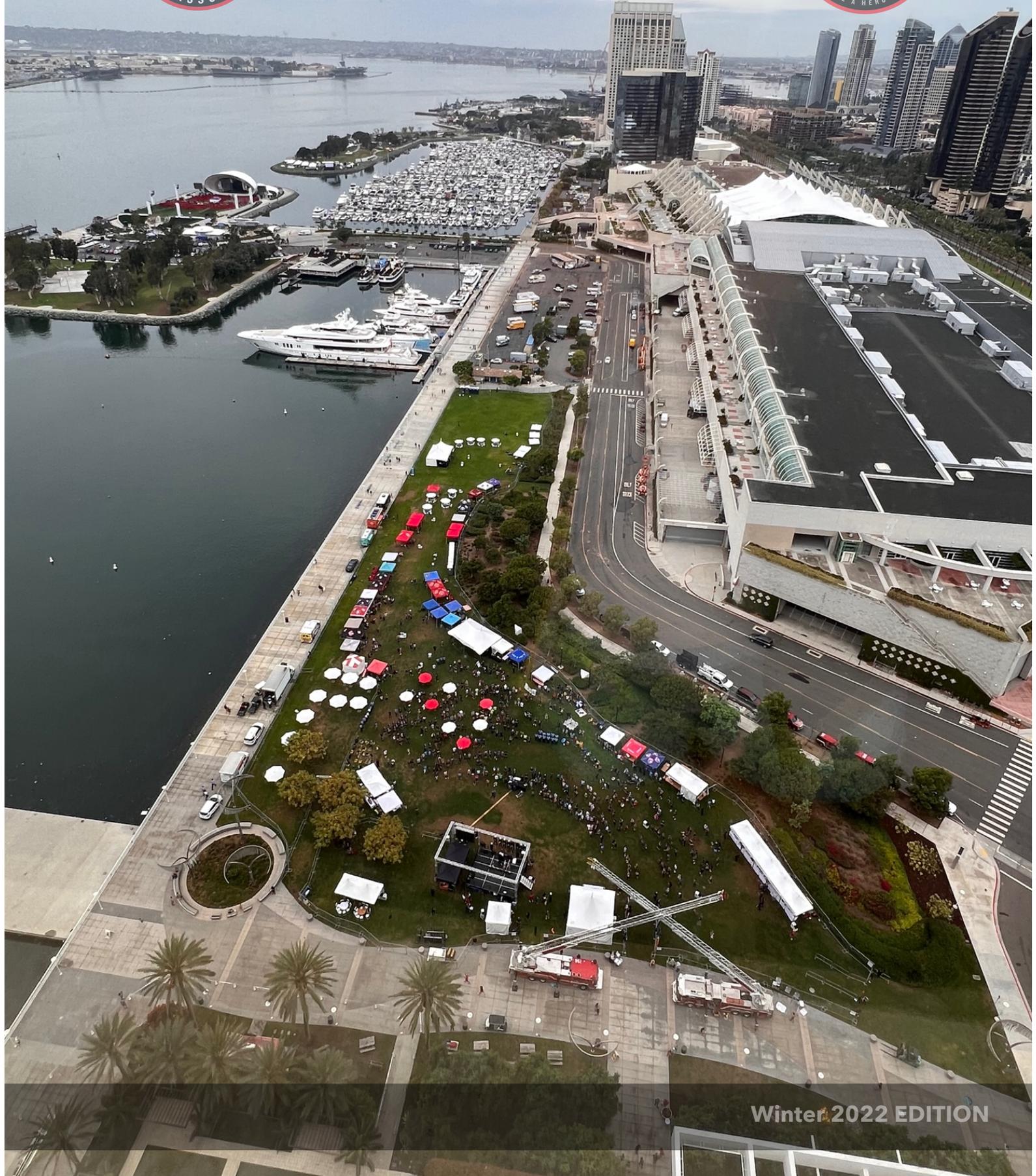




THE NICKEL LINE

Caring for our Firefighters for over 100 years!



Winter 2022 EDITION

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Please email mnunes@sdfra.org

San Diego Fire Relief Association
10509 San Diego Mission Road
Suite F
San Diego, CA 92108

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Our Dedicated Staff



Marisa Nunes
**Manager of
Operations
SDFRA**



Andrew Garcia
**Member Engagement
& Claims
Representative
SDFRA**



Susan LaNier
**Accountant
SDFRA**



Sara Berns
**Executive Director
of SDFRA &
FirefighterAid**



Amber DeBartolo
**Community Programs
Coordinator
FirefighterAid**

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John Brubaker
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Board Director



Corey Teng
Board Director



Geof Cummings
Board Director



Jon Handley
Trustee



Lorraine Hutchinson
Trustee



Jeff Carle
Trustee

We're dedicated to you, your families, your profession, and our community.

Letter from the Secretary



SDFRA members,

We have had a busy couple of months at the San Diego Fire Relief Association (SDFRA). The following articles written by our board, staff, and guest writers will allow you to see the hard work we put in place earlier this year during our Strategic Planning Session. On the SDFRA side, we hired a new claims processor, continued to roll out the Medical Claim Reimbursement portal, and we have the upcoming election openings for four positions on the Board of Directors. On the FirefighterAid (FFAid) side, we trained two departments with our Cancer Awareness Prevention Program (CAPP), continued to find resources for mental health, and had a successful San Diego 911 Memorial Stair Climb (SD911MSC).

San Diego 911 Memorial Stair Climb

On September 10, 2022, the Hilton San Diego Bayfront hosted the SD911MSC for the 21st-anniversary commemoration of 9/11. We climbed in the spirit of remembrance for the courage of the 403 emergency responders who perished on September 11, 2001, and the lives we continue to lose from 9/11 illnesses. The money raised goes to fund FFAid programs that directly and positively impact our firefighters and their families during times of sickness, death, and distress.

Thank you to all our volunteers who helped make the SD911MSC to be a great success! Every role that our volunteers took on had an impact on the overall success of the day. This year, we had 925 registered climbers, and we were able to fundraise a total of \$101,291.76! I want to thank our speakers, volunteers, sponsors, SDFRA staff, and board members for their hard work and dedication to such an incredible event. We are already discussing plans for the 2023 SD911MSC!

Notice of Election

We have an upcoming election for four active-duty firefighter positions on the Board of Directors. All four current Board Directors, Brandt Truver, Corey Teng, John Brubaker, and Benjamin Vernon, will be running for re-election. All four positions are for a three-year term starting on January 1, 2023.

If you are interested in running, please submit a written notice to me, SDFRA Secretary Jeff Williams, at JWilliams@SDFRA.org by 5 pm on November 30th, 2022. Please provide a short biography and explain why you are interested in the position.

Lastly, if you have moved or need to add a dependent(s) to your account, get in touch with the SDFRA with your up-to-date contact information, so you can vote and receive important information throughout the year. If you have any questions about the Board Director positions, contact me directly, and I will try to answer any questions you may have.

I hope everyone has a safe and happy holidays!

Jeff Williams, Secretary



SDFRA Membership Updates

By: Marisa Nunes

Hello fire family,

Our team is very appreciative of each and every one of you. This is the season to show appreciation, and this is my favorite time of year to share all of the amazing things you all have helped our team do! When you sit with your family and friends this season, feel humbled in knowing that you have made a direct impact on your fellow firefighters and their families this year.

As the daughter of retired Board Director, Arnie Garcia, I am proud of the work our board and staff accomplished this year. Our team prides ourselves in making a difference, and we did just that! As of November, twenty-two SDFRA members received grants. These included Medical Hardship, Cancer, and Death benefits. In addition, we rolled the Medical Claim Reimbursement Portal on June 16, 2021. So far, we are happy to share that 20,538 claims have been processed. Thank you to those utilizing the portal. If you have not done so yet, please contact me at mnunes@sdfra.org or by phone (619) 281-0354 (option 2), to receive your activation link.

We would like to inform you that the office will be closed during the holidays for the following dates: November 23rd-25th and December 26th-30th. On December 3rd, we are having an Open House at the SDFRA, and there will be some sweet treats and refreshments. Santa will also make an appearance from 10 am to noon. Bring your phones and cameras to get a photo with Santa and our 1907 Triple Crown Pump!

This time of year can be joyous, memorable, but also can be challenging. If you, your family, or fellow firefighter you know of is in need, please contact our Board, visit our SDFRA website www.sdfra.org, or contact me personally by phone or email. Please check in on one another, even if others seem okay.

Frequently Asked Questions By the Membership

- 1. What is the front entrance gate code? #9050.** We enjoy seeing you and your family. If you have not stopped by the SDFRA since COVID-19, we had to install a security gate at the front entrance of the building to protect our members, staff, board, and tenants.
- 2. If a claim is submitted by mail, faxed, or dropped off in person, how long are they kept on file?** Our team holds onto the paper receipts for 7 months from the date we receive them, unless they are denials, which then will be sent back. After the 7 month period, the supporting documentation is then professionally discarded.
- 3. If I plan to drop-off my claims in-person, fax, or mail, do I need a claim reimbursement form?** Yes, if you are in need of forms, we are happy to either email, fax, or mail them directly to you. In addition, we need proper documentation that includes the provider, date of service/purchase, amount that you paid out-of-pocket, and who the receipt is for. If the reimbursement is for a prescription, we need the RX and the day(s) supply.
- 4. What if a benefit bucket is maxed? Am I able to save my receipt(s) for the current year and submit the receipt(s) in the new year once my benefits reset?** Unfortunately, no. Each member is provided up to \$1,000 in claim reimbursements per calendar year. The supporting documentation of the date of service or purchase has a 6-month window to turn in, but the benefits are pulled from the year the purchase or service was rendered.
- 5. How do I update my address, dependent(s), phone, and email?** You are more than welcome to update this information with our team by phone or email.
- 6. If I am retiring, what do I need to do in order to continue as a member of the SDFRA?** Please visit www.sdfra.org to update your member information, deductions, and beneficiary forms. The documents can be mailed, dropped off in-person, or emailed to me. It is important to note that retirees have 90-days from the date they retire to decide if they would like to continue their membership. Dues can be requested from San Diego Employees Retirement System (SDCERS), San Diego Firefighters Federal Credit Union (SDFFCU), or a personal check.

By: Jeff Carle



Hello SDFRA members,

This is my first article since being appointed as a Trustee to the SDFRA. While reviewing previous articles for reference, it reminded me how hard it has been to maintain contacts and friendships over the last two + years, remaining up-to-date with what has been happening on the job, and what the future might hold has taken quite a bit of work.

As pandemic concerns ease, we are returning to in-person meetings and, thankfully, re-establishing the connections we lean on to stay informed and engaged. With the easing of restrictions, the North County Breakfast group has resumed gatherings and has been well attended. The NTC coffee group is also meeting again. The Retired Fire and Police Association held its' quarterly luncheon at the Bali Hai in October, and it was great to see so many familiar faces and good friends.

I also attended the SD911MSC, which was held for the first time in two years. The support from all attendees and the participation from departments from all over Southern California were impressive. Seeing Mayor Todd Gloria and Chair of the County Board of Supervisors Nathan Fletcher speak and complete the SD911MSC displayed the support the fire service has worked so hard to achieve. By attending the SD911MSC and the RFPA luncheon, I learned that there are many newsworthy items in the future for the San Diego Fire-Rescue Department. One highlight includes the long-awaited Fire Station, which broke ground at UCSD. The new station will have an Engine, Truck, and staff assigned when it opens.

In addition, several other Fire Stations are being planned and are in land purchase phase. The Engine assigned at that Station will be electric but will retain a diesel engine for reserve power and be fully deployable on in-county or out-of-county aid assignments. The engine will be one of two of these types of apparatus on order. Copter 1 will be replaced in an upcoming budget cycle and will be an additional Fire Hawk platform. Staffing is still an issue (no surprise), but the City continues to support the Department by increasing funding for Recruit Academies. You can learn a lot by attending some of these get togethers!

Furthermore, I had the privilege of visiting Colleen and Jim Kline while they were hospitalized, and I delivered a comfort bag to make their stay more comfortable. They were both pleased to receive the comfort bag and the acknowledgment by the SDFRA. Our Aging Heroes program specifically ensures that our elderly public servants and their loved ones are cared for. If you know of members who may be in similar circumstances or other needs, please let the Board and staff know. Lastly, Hand-In-Hand is a resource to assist in end-of-life details. Pat Nunez, Hand-In-Hands Director, has kindly provided our membership explaining this very helpful resource. As the Holidays approach, I hope everyone remains healthy and enjoys the season's blessings.

Hand-In-Hand

By Director Pat Nunez

There is a group of volunteers called Hand-In-Hand, who are available to assist retired public safety personnel from the City of San Diego, and their families, with end-of-life information and assistance to spouses and families of deceased firefighters. These volunteers can make notifications for pension and insurance conversion, funeral arrangements, and coordination with SDFD chaplains, Emerald Society, Buglers, and apparatus for services in our local area.

Hand-In-Hand was formed in 2006 by Cherie Olaveson (wife of Jerry Olaveson) and Sarah Contreras (wife of Ron Contreras). When Jerry died in 2006, Cherie quickly realized there was little support for her. She realized that widows were faced changes in their lives upon their husbands deaths without the critical resources and support they needed. At that same time, Sarah faced the loss her husband, Ron. Aaron Foust, a retired board member of SDFRA, connected Cherie and Sarah to find mutual support. Aaron, Cherie, Sarah, Ron Riley, Tony Hancock met together and this meeting became the catalyst behind the creation of Hand-In-Hand. The goal was to provide logistical and emotional support for surviving family members of SDFD retirees. It was later expanded to include retirees of all San Diego City Public Safety—Fire, Lifeguards and Police.

Hand-In-Hand continues today with volunteers who work together to ensure support is available for every spouse or family of retired public safety personnel. That support can be as simple as someone who will be there to listen and understand the emotions they are going through, answering questions about how to plan end-of-life decisions so the surviving spouse has everything in place before the death, or providing information on how to notify SDCERS about converting pensions and medical insurance, Social Security, and Veterans and SDFRA benefits, which may be available to the family after the death. The support also includes assistance with departmental funeral arrangements or to provide a list of agencies which need to be notified to assist the surviving spouse or beneficiaries.

While death is a certainty for all of us, many fail to plan and put things in place like a trust and a will, or who to call for help. Whatever the needs are, volunteers can help find the right resources. Many times, spouses are left without a full understanding of where the money has come from all these years from pensions, annuities, Social Security, etc. Anyone who needs information or referrals in advance of death for attorneys to put together a trust for them, or other ways to help put things in order prior to death are also welcome to contact Hand-In-Hand. Feel free to contact Pat Nunez, Hand-In-Hand Director, if you are interested in volunteering or if you need assistance. Pat can be reached by phone at (760) 805-2237 or by email at patnunez@cox.net.

Last Alarms

RET. BATTALION CHIEF, RALPH MARTIN

LAST ALARM JUNE 24, 2022

RET. FIREFIGHTER, RICHARD LEGGS

LAST ALARM AUGUST 30, 2022

RET. ENGINEER, MIKE NEVILLE

LAST ALARM JUNE 27, 2022

RET. FIREFIGHTER, MICHAEL RIAS

LAST ALARM SEPTEMBER 15, 2022

RET. FIREFIGHTER, ROBERT L. JOHNSON

LAST ALARM JULY 20, 2022

RET. CAPTAIN, NORMAND ROY

LAST ALARM SEPTEMBER 19, 2022

RET. FIREFIGHTER, RONNIE JONES

LAST ALARM JULY 26, 2022

RET. ENGINEER, JIM FALLON

LAST ALARM OCTOBER 13, 2022

RET. CAPTAIN, JAMES GARINGER

LAST ALARM AUGUST 8, 2022

RET. FIRE PREVENTION SUPERVISOR, ROBERT MEDAN

LAST ALARM OCTOBER 25, 2022

“WE HONOR THE NOBLE TRADITIONS OF THE FIREFIGHTER BY CARING FOR THEM AND THOSE THEY LEAVE BEHIND.”

FirefighterAid Update

By: Sara Berns

With 2022 coming to a close, FirefighterAid has been taking a look at what we have accomplished this year. We are so grateful to all of our sponsors and supporters that helped us have a successful year and are already planning for next year!

Our biggest 2022 event was the San Diego 9/11 Memorial Stair Climb that took place on September 10th, at the Hilton San Diego Bayfront. Bringing this event back after 3 years was a huge undertaking, but was an amazing experience to gather again and memorialize our fallen heroes together. This year, our top fundraising teams were Ignosci Posse with \$10,701.15, Heartland Fire and Rescue with \$7,658.88, and Butters' Homies with \$7,031.44. With help from our hard-working fundraisers, we raised \$101,291.76 this year!

In October SDFD Mustache Madness held its annual Mustache Madness event at Maverick's in Pacific Beach. We had a blast and raised \$19,312.00 for CAPP. We want to thank the founder of SDFD Mustache Madness Board Director of the SDFRA, Sean Brambir, the President of SDFD Mustache Madness, Rich Marcello, and the swag/social media guru for SDFD Mustache Madness John Hernandez, for your continued dedication and hard work!

"We donate 100% of our funds to FirefighterAid's CAPP program because they take an aggressive approach to putting a stop to job related cancers." said SDFD Captain and President of SDFD Mustache Madness Rich Marcello. "They bridge the gap between the city and the Firefighters to ensure the health and well-being of our personnel and their families. They reinforce and ensure that we take care of our Firefighters. This is done by a relentless pursuit of education, enforcement, and the prevention of job-related cancers. This is an organization that truly puts family first."

The funds raised at these events and through our supporters help FirefighterAid care for firefighters and their families. It allows us to provide medical hardship and mental health grants for firefighter families facing crisis, and provide education and resources to firefighters on real issues they face. Thanks to these fundraising efforts this year, we have been able to implement the CAPP program at both Poway and Coronado Fire Departments. Looking forward to 2023, our goal is to expand that outreach as well as our network of mental health resources and provide more help to those who need it. With that, our Fire Family Services sub committee Active Board Directors, Ben Vernon and Corey Teng, share resources that could benefit our firefighters. Lastly, take a look at FirefighterAid's 2022 numbers and why we are so grateful for our sponsors, and donors, support!

Firefighter Aid 2022 Year In Review



\$35,000 Awarded in Fire Family Services Medical and Mental Health Grants



2 SD County departments trained in CAPP



20 Fire Families assisted across SD County



925 Climbers gathered to memorialize our fallen heroes



\$7,500 Donated to organizations supporting Firefighters and enhancing our mission



\$6,000 in scholarships awarded to cadets to help pursue their education



1 Million thanks to all of the sponsors, donors, and supporters that allow us to continue our mission!

Fire Family Services

By: Ben Vernon

As Chairman of the Fire Family Services Committee for the SDFRA, earlier this year at our 2022 Strategic Planning Session, one of our essential items was to provide our fire families with resources and tools. Which is why I would like to introduce Dr. Glenn J. Landry. He is a sleep coach that works with older adults, shift workers, and families to improve physical and mental health through better sleep quality by translating sleep science into practical interventions tailored to each individual.

We met at a conference in Vancouver, Canada, in February 2020. If you would like to learn about Dr. Landry, his life's greatest work, and how sleep matters, he's written a piece for the newsletter. If you would like to contact him directly, he has provided an email for our membership to schedule a complimentary Zoom session to get a detailed case history to see how you might want to proceed. Dr. Landry can be contacted at glenn@elitesleep.ca, phone number is (604) 862-9458, or www.elitesleep.ca.

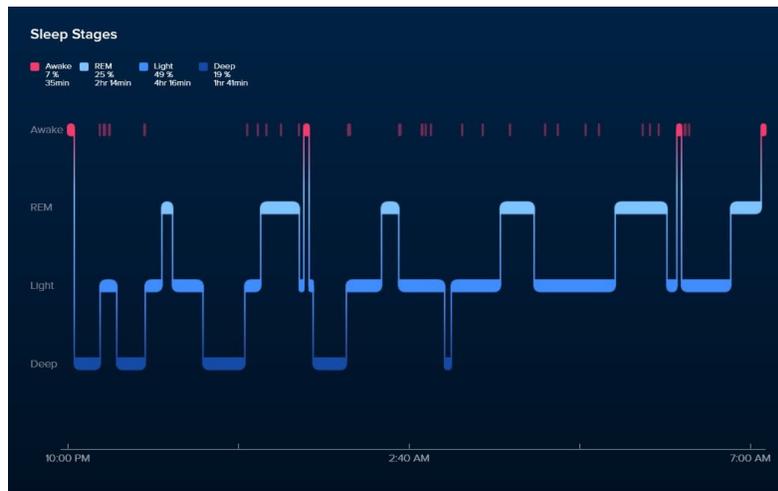
Also, Board Director Corey Teng, who is also involved in this sub-committee would like to share with you a great resource that involves equine-assisted learning with Saddles In Service on page 11.

Sleep Matters

By Dr. Glenn J. Landry

We have known for decades the importance sleep plays in growth, repair, and restoration of both the brain and body. Recent advances in neuroscience have provided us with greater insight into the mechanisms by which sleep accomplishes these feats. For example, we now know that sleep literally washes our brain of the day's waste. Our brain is like an engine ... it produces exhaust. It turns out the simple act of being awake is toxic, and that sustained wakefulness beyond 16-hours results in physical and mental impairments equivalent to those observed following alcohol consumption. In fact, impairments due to sustained wakefulness greater than 19-hours are much the same as those observed in individuals who are legally too drunk to drive. A good night's sleep is the only remedy for wakefulness. The good news is that we only need 8 hours sleep to wash away a 16-hour day!

Here is what elite sleep looks like using Fitbit's Sleep Stages:



- Rapid entry into Deep sleep, indicating readiness for sleep
- First half of the sleep window (i.e., the time spent trying to sleep) is spent predominantly in Deep sleep, alternating with REM sleep
- Second half of the sleep window is spent alternating between REM and Light sleep
- Awake periods (red bars) are very brief (less than 10 min), accounting for less than 10% of the entire sleep window
- Deep sleep = 90 min (19% of an 8-hour sleep)
- REM sleep = 120 min (25% of an 8-hour sleep)

As I have said many times to anyone who was willing to listen: If we want to be elite in whichever domain we have chosen for ourselves, we must first become elite sleepers!

We live in a 24/7 society and sleep is the first thing we sacrifice to meet the growing demands of work, family, and our friends. Sadly, many of us are getting less than 7 hours of sleep each night and the timing of our sleep window swings wildly from night to night and week to week. Our hectic schedule makes shift workers of us all, and as a result, we subject ourselves to social jet lag. Chronic short duration, opportunistic sleeping patterns are as toxic as a single night of total sleep deprivation, and yet for so many of us, we have fooled ourselves into thinking we can get by fine with the little sleep we have come to accept as our new normal. But like a fog that rolls in slow and steady, making it difficult to see the hazards ahead, neglecting our need for sleep brings with it a tsunami of health hazards including dementia, obesity, type 2 diabetes, cardiovascular disease, and cancer. The sleep science is definitive now ... chronic short duration sleeps result in a wave of toxicity originating in the prefrontal cortex and rolling through the brain. The scariest sleep science to date is the growing evidence that sleep debt begets more sleep debt. Our capacity to get deep sleep initiates in our frontal cortex and the toxic waste that remains following chronic short sleeps decreases our capacity to get the deep restorative sleep we need. These findings help explain the plight of the insomniac who knows all too well they need more sleep, but cannot will themselves to better sleep.

The correlation between psychiatric illnesses and poor sleep have been well documented, but the prevailing wisdom until quite recently was that best practice was to treat the illness using pharmaceuticals and/or therapy ... and in doing so, sleep disturbances would remedy themselves. Fortunately, neuroscience has progressed, and we now know a bidirectional relationship exists between sleep and mental health. Chronic short duration sleep can cause or worsen psychiatric illnesses and now we know why.

In much the same way that sleep debt builds toxicity in the frontal cortex – disrupting capacity for deep restorative sleep; chronic short duration sleeps disconnect the rational brain (i.e., the prefrontal cortex) from the emotion (i.e., the amygdala) and reward (i.e., the striatum) centers of the brain, thereby disrupting our capacity to manage our emotions and control our appetite for reward. Therefore, care plans designed to address mental illness should include objective sleep assessment, and when necessary, sleep interventions to promote sleep health. Given the bidirectional relationship between sleep and mental health, the best practice would be to promote sleep health in combination with standard treatment of mental illness.

With this understanding of sleep's restorative powers, let us consider sleep routines and their consequences for the most heroic of shift workers, the First Responders. Countless studies have documented the woeful sleep of shift workers. Perpetual shifting – turning days into nights and nights into days, exposes all shift workers to a growing list of known health hazards. In fact, in 2010 the World Health Organization determined that shift work and its resulting impact on clock function, does act as a clear carcinogen. If that wasn't bad enough ... the news for First Responders is much worse. Because the nature of their work exposes First Responders to incredible stress and trauma daily, they are in greater need of restorative sleep. We are just beginning to understand the depths of psychological injury our First Responders endure, often in silence. There is much research to be done in this area but make no mistake ... we already know enough to make a difference now. The current sleep science provides us with the knowledge and tools necessary to help our heroes get the sleep they need. I would argue for those of whom we have asked so much, our debt is far greater than gratitude or financial security could repay... we owe them the rest and recovery they so richly deserve.

If we continue on our current path of longer days and shorter sleeps, in the decades to come we will learn the true cost of sleep lost. For those individuals who smile and say "I'll sleep when I'm dead" ... sleep will come sooner than expected. The years preceding their premature demise will be defined by accelerated diseases of aging. Nations too will pay a price: the cost of exponential increases in health care utilization, not just for an aging demographic, but across all demographics.

My sincere wish is that this Fall marks a change in the way we prioritize sleep in our society. Longer days are not the path in search of ever-increasing productivity. Instead, we must seek these gains in our dreaming state. It is by sleeping well that we give ourselves our best chance to make the most of our waking day!

Sincerely,

Dr. Glenn J. Landry, PhD

Saddles in Service

By SDFRA Board Director Corey Teng

Firefighters come from all different walks of life, varying from serving in the military, working in a prehospital setting, coming from the business sector, or fresh out of high school. Our job requires us to put in long hours and respond to tragic situations. Additionally, we all carry baggage from our own personal traumas. Regardless, carrying that baggage gets heavy over time, and we are all human at the end of the day.

From day one in the academy, we are taught to expect the unexpected; however, we are not taught how to react and deal with the stress we deal with every day. There may come a time in our careers when our Rolodex for traumatic events overflows. We see things that your average citizen may not and should not see in their lifetime. As first responders, we are more susceptible to post-traumatic stress, anxiety, depression, and job-related stress due to the nature of our occupation. With mental health awareness on the rise, this should not come as a surprise. What may surprise you is this alternative method for dealing with your mental health.



To support our mental health, we have a number of resources available to us, such as Focus, Peer Support, and Chaplains. Still, therapy can come from various sources and is unique to the individual. Anything that brings you joy and relaxation can be a form of treatment. Therapy in the traditional sense isn't for everyone. Not everyone feels comfortable expressing themselves to a psychiatrist, therapist, or stranger. Allow me to introduce you to Saddles in Service.

Located in Descanso, just east of San Diego, Saddles in Service is an equine-assisted learning and activities program founded in 2016 by retired Navy veteran Mike Oluvic and his wife, Tammy. Mike and Tammy have generously and selflessly created this program, free of charge, to combat the rising suicide rates and promote mental wellness and healing for active-duty military, veterans, firefighters, law enforcement, first responders, and their families. Their mission is to help you rediscover your joy, hope, confidence, and purpose, and to realize that you are not alone in your journey. Tailored to your individual needs, competence, and availability, Saddles in Service's 7-step program includes:

1. Horse psychology and physiology
2. Grooming and horse care
3. Groundwork to establish a relationship with your horse
4. Riding in a controlled environment (round pen and arena)
5. Trail riding
6. Advanced cowboy skills (i.e., roping, cattle work, and challenge courses)
7. Wyoming cowboy experience

But why horses? Horses are extremely sensitive to human emotions, mirroring feelings and providing instant feedback. These beautiful animals force you to be completely present and aware of the emotions you're feeling at the time. You learn how to earn the horse's trust and create a bond with them. If you're feeling stressed, agitated, depressed, or distracted, the horse will sense that and mimic your same emotions. It's incredible how something as simple as slowing your breathing down will cause the horse to slow down from a trot to a walk.

Saddles in Service has taught me a tremendous amount on a personal level. In the simplest of terms, it's something I did not know I needed until I went. We become so numb to the job stressors and caught up in everyday life that we tend to seek refuge through unhealthy and less favorable means. Saddles in Service gives you that much-needed reset you did not know you needed. If you would like to learn more about Saddles in Service or support the program, visit their website at www.saddlesinservice.org.



San Diego Fire Relief Association
10509 San Diego Mission Road
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A SPECIAL THANK YOU FROM FIREFIGHTERAID

Thank you to our generous sponsors for your support and contributions to FirefighterAid! We are so fortunate for your selfless contributions to our organization. You make this organization possible, and we are incredibly grateful for what you have shown our firefighters and us in 2022! The charitable assistance will directly impact firefighters and their families in times of need and promote awareness of firefighter health and safety issues and the impacts they have upon their families and communities.



Dauch Family Foundation